

# COVID-19: Mental Health *tools & resources*

**During this time of heightened anxiety and uncertainty, Sheppard Pratt is here to serve as your partner in mental health. We've expanded our offerings and resources to ensure we can continue to meet your needs during the coronavirus pandemic.**

## **Online Resources for Boosting Your Mental Health:**

- Is the news exacerbating your anxiety? [Click here for quick tips.](#)
- Are you at home with the kids? [Find ideas for keeping them happy and occupied.](#)
- Working from home? [Here are tips for keeping your mental health in top shape.](#)
- Does your child have questions? [Here's how to navigate the waters of COVID-19 conversation.](#)

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## **Virtual Options for Help from Trusted Providers:**

- **Telehealth and teletherapy:** We are now offering telehealth, teletherapy, and medication management services through telehealth. Please contact your local outpatient center to learn more and see if you qualify. [Click here to see locations.](#)
- **Therapy Referral Service Hotline:** If you would like assistance finding a provider, our Therapy Referral Service line is open. [Learn more here.](#)
  - Call 410.938.5000, Monday – Friday, 8:00 a.m. – 4:30 p.m.

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### Walk-In Options For Those Experiencing Urgent Psychiatric Needs:

We are offering walk-in opportunities for individuals who need to be seen immediately.

- **Crisis Walk-In Clinic:** Our Crisis Walk-In Clinic is open for immediate psychiatric triage – please exercise this option rather than going to an emergency room when possible. [Learn more here.](#)
  - Hours: Monday – Friday, 10:00 a.m. – 9:00 p.m.; Saturdays, 1:00 – 5:00 p.m.
- **Outpatient Behavioral Health Centers:** Some of our outpatient behavioral health centers are now offering walk-in appointments. [Click here to see locations and hours.](#)

#### For Those Considering In-Person Care:

If you have a fever, coughing, shortness of breath, or have been in close contact with someone diagnosed with COVID-19, please call your primary care provider.

If you feel sick and it is an emergency, please call 911.

Visit [sheppardpratt.org](https://sheppardpratt.org) for additional information.

